



Clean Cooking with Induction

# The Perfect Shakshuka

by Reem Assil

ebce





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**Yield** 3 to 4 servings

**Time** 45 minutes

## INGREDIENTS

### Shakshuka

- 2 ½ cups onion, medium diced  
(about 1 medium onion)
- 1 tablespoon garlic, finely minced
- 1 ½ - 2 pounds red bell peppers (about 4-6)
- 2 pounds tomatoes  
(about 8 medium sized tomatoes)
- 2 tablespoons olive oil, divided
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- 1 teaspoon paprika
- 1 teaspoon salt (about 4 cloves)
- ½ teaspoon black pepper
- 1 teaspoon Aleppo pepper or red chili flakes
- 1 teaspoon honey
- 3 - 4 eggs (your preference)

### Garnish

- ¼ cup crumbled feta (optional)
- 2 tablespoons freshly chopped parsley (optional)
- Olive oil for drizzling



Photo by Sans Javeri Kadri

## INSTRUCTIONS

### Step 1

Heat a cast iron or magnetic stainless steel saute pan on an induction burner at a medium-high setting until it starts to smoke.

### Step 2

Coat peppers in olive oil and char in the pan on all sides.

### Step 3

Halve the tomatoes lengthwise, coat in oil, place cut-side down, and keep rotating them on the pan until you get nice chars and the tomato starts to soften. Remove.

### Step 4

Once peppers are collapsed, charred, and bubbling, transfer to a bowl and cover. Once cool, peel away the skin and pull out the seeds and veins.

### Step 5

In the same pan or a shallow sauce pan, over a medium-high setting, sauté the onion until translucent, add the garlic, cook a minute more.

Add the spices, salt and pepper, and cook another minute. Transfer the tomatoes with skins and any pan juices along with the peppers, into the pan, and lower the heat to a simmer for about 20 minutes stirring frequently. Add up to half a cup of water as needed to keep the sauce from burning.

### Step 6

Transfer to a food processor and mix to smooth, or blend with an immersion blender. Add honey. The sauce should be thick.

### Step 7

Make wells with a spoon and crack an egg into each well. Sprinkle with salt, cover, and simmer over a medium heat setting for 5 to 10 minutes until the whites are firm and the eggs are to your liking.

### Step 8

Top with garnish and serve with pita for scooping.



**WATCH THE VIDEO AT** [ebce.org/induction](https://ebce.org/induction)